

## Competitive Foods

The HealthierUS School Challenge has created a competitive food calculator that schools can use to determine if their competitive foods meet the HealthierUS School Challenge requirements. While schools have the option to apply for the HealthierUS School Challenge (HUSSC) and meet those requirements, all schools are required by Indiana law to follow **IC 20-26-9-19**

<http://www.in.gov/legislative/ic/code/title20/ar26/ch9.html> which contains language identifying “better choice” foods. **Note that the requirements for HUSSC and the requirements specified in this section of the Indiana Code are NOT THE SAME.** Using the table below, please make sure the requirements in **both columns** are considered before deciding whether to serve a particular food. To access the calculator, click on the link - <http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>.

	HealthierUS School Challenge	Indiana Law – Better Choice Foods*
<b>Percent of Calories from Total Fat</b>	At or less than 35%	At or less than 30%
<b>Percent of Calories from Saturated Fat</b>	Less than 10%	At or less than 10% (this includes saturated and trans fat)
<b>Amount of Trans Fat per serving</b>	None or less than .5g/serving	No requirements
<b>Percent of Sugar by Weight</b>	At or less than 35% by weight	At or less than 35% by weight
<b>Amount of Sodium</b>	480 – bronze and 200 mg – gold (side dish or non-entree)	No requirements
<b>Portion Size/Calories</b>	Less than 200 calories/package or NSLP portion size	Portion limits for items containing 210 calories or more

\*At least 50% of the food items available to students at school or on school grounds during normal school hours must qualify as better choice foods

For more information on the HealthierUS School Challenge competitive foods requirements visit this website – [http://teamnutrition.usda.gov/HealthierUS/formulas\\_foodcalc.pdf](http://teamnutrition.usda.gov/HealthierUS/formulas_foodcalc.pdf)

For more information on the Indiana Law better choice foods visit this website - [http://www.doe.in.gov/food/pdf/Food\\_and\\_Beverage\\_Items\\_Sold\\_to\\_Students.pdf](http://www.doe.in.gov/food/pdf/Food_and_Beverage_Items_Sold_to_Students.pdf)